

Emergency Preparedness & YOU



Preparing for Emergencies Makes Sense. Plan Now.

This Preparedness Plan Belongs To:

Name: _____

Address: _____

Home Phone Number: _____

Cellular Phone Number: _____

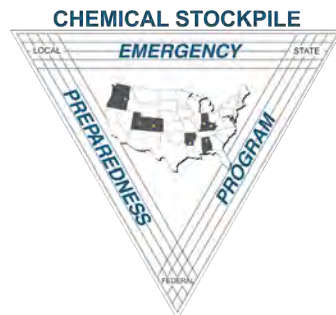
Plan Maintenance Chart

Check off the task and enter date performed

	6 mnths	1 yr	18 mnths	2 yrs
Review & practice plan <i>Date</i> _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold fire escape drills <i>Date</i> _____				
Check expiration dates & replace food, water, medications and other disaster kit supplies as needed <i>Date</i> _____				
Replace batteries in smoke detectors, flashlights, emergency alert radios and FM/AM radios <i>Date</i> _____				

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Introduction

Disasters can happen quickly and you may have only minutes to take action to protect yourself and your family. Special conditions such as physical and medical impairments can create extra challenges. Local, state and federal agencies will help you but it will take time to respond to everyone who needs assistance. Your safety may depend on your planning and preparation before a disaster strikes.

While everyone's abilities and needs are unique, you can take steps to prepare for all kinds of disasters from severe weather and public health hazards to a house fire. By evaluating your personal needs and making a plan that fits those needs, you and your family can be better prepared.

Use this guide to create a common sense plan to prepare for a disaster before it happens. You can take small steps every day to be better prepared.



Create Help Networks

Creating help networks of people who can help you before, during and after a disaster is an important step in being prepared. Talk to family and friends who may already help you with daily activities about being part of your help network.

Think about places you spend time such as home, work, church and school. Identify at least three people for each location. Ask these people to be part of your help network.

BEFORE a disaster, your help network may help you create an emergency preparedness plan. They may identify resources, review your plan and practice your plan with you.

DURING a disaster, your help network may help you take protective action to stay safe.



AFTER a disaster, your help network may help you take steps to recover if you were affected by the disaster.

Use pages 7-8 to write down contact information for each member of your help network. Give your contact information to your help network members.

HOME:

Name: _____

Cell Phone: _____ Home Phone: _____

Name: _____

Cell Phone: _____ Home Phone: _____

Name: _____

Cell Phone: _____ Home Phone: _____

OTHER LOCATION: _____

Name: _____

Cell Phone: _____ Home Phone: _____

Name: _____

Cell Phone: _____ Home Phone: _____

Name: _____

Cell Phone: _____ Home Phone: _____

OTHER LOCATION: _____

Name: _____

Cell Phone: _____ Home Phone: _____

Name: _____

Cell Phone: _____ Home Phone: _____

Name: _____

Cell Phone: _____ Home Phone: _____

OTHER LOCATION: _____

Name: _____

Cell Phone: _____ Home Phone: _____

Name: _____

Cell Phone: _____ Home Phone: _____

Name: _____

Cell Phone: _____ Home Phone: _____

Share your emergency preparedness plan with members of your help network. Discuss your abilities and what assistance you would need to stay safe during a disaster.

Your Help Network Should Know:

- The location of safe rooms in your home and other places you visit often.
- Where your disaster supply kit is stored.
- How you plan to evacuate your home and other places you visit often.
- How to use any lifesaving equipment or assistive devices such as oxygen or a wheelchair.

Make sure someone whom you trust has a key to your home.

Identify a family member or friend who does not live in your community to be a member of your help network. If a regional disaster happens, members of your local help network may be affected by the disaster. You may need help from someone who lives outside your area.



Make A Plan

Identify the hazards that could happen in your area.

Types of hazards include:

Severe Weather: Tornadoes, Thunderstorms, Flooding, Extreme Heat and Extreme Winter Weather

Man-made & Accidental Hazards: Chemical Spill, Gas Leak and House Fire

Public Health Hazards: Pandemic Flu and other contagious diseases

Contact your local Emergency Management Agency (EMA) for more information about potential hazards that could affect your community. See page 26 for telephone numbers and other contact information.

I need to plan for the following hazards:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Think about your daily routine along with your abilities and needs. What assistance do you need daily? What conditions do you have that might create extra challenges in preparing for, responding to and recovering from a disaster?

Some questions to consider include:

Are you blind or do you have low vision?

Do you have a service animal?

Are you deaf or do you have a hearing impairment?

Do you use communication devices?

Do you use mobility aids such as a wheelchair, walker or cane?

Do you depend on accessible public transportation or family and friends to get to appointments and other places you need to go?

Do you receive medical treatment, such as dialysis, on a regular basis?

Do you need assistance with personal care?

Do you rely on medical equipment or other assistive devices?



My Abilities & Needs Are:

To Meet This Need, I Would
Need Assistance With:

Ask about emergency plans for school, work and other places you visit often. Will the emergency plans work with your abilities and needs? If not, talk to someone with the organization about what assistance you would need if a disaster happens.

Know How To Respond

Depending on the nature of the disaster, you will need to decide whether to stay or go; plan for both possibilities. When a disaster happens, listen to Emergency Alert System (EAS) radio and television stations for more information and official instructions.

STAY PUT

It may be best to stay where you are. Consider how you can safely shelter in place alone or with nearby friends or family.

Based on the type of disaster, you may need to choose a safe room. Two examples are:

When a tornado warning is issued, you should:

- Seek shelter in a basement, safe room or small, interior room with no windows.
- Never stay in a mobile home when there is a possibility of tornadoes in your area.

If there is a chemical spill or gas leak in your area, you might be instructed to:

- Close all doors and windows.
- Turn off heating, cooling and ventilation systems.
- Enter your safe room.
- Seal doors, windows and other possible sources of outside air to create a barrier between you and the contaminated air outside.

Shelter in place may be the best way to protect yourself and your family from several types of dangers including hazardous materials accidents or severe weather.

Evacuate

There may be situations in which you will decide to evacuate or your community may receive official instructions to leave. If the EMA or another agency recommends evacuation for your area, leave as quickly as possible.

Before a disaster strikes, you should plan how you will evacuate and where you will go. Do you require special transportation or assistance? Talk to members of your help network and ask more than one person if they could help you evacuate. If possible, choose several places to go so you have options.



Public shelters may be available before, during and after an emergency. Listen to local Emergency Alert System (EAS) radio and television stations for more information about the availability of public shelters.

Practice Fire Safety

Plan two ways out of every room in case of fire.

Practice your escape routes and check for bookcases, hanging pictures and other items that could fall and block your path. Check hallways, stairs, doors, windows and other areas for hazards that could prevent you from safely leaving. Your fire safety plan should include smoke detectors and a fire extinguisher inside your home.



Create A Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will stay in touch and review what you will do in different situations. Include members of your help network in your communications plan.

Choose an out-of-town contact. Local telephone lines may be overwhelmed during a disaster. It may be easier to make a long-distance call than to call someone in your community. Your contact can help you stay in touch with your family and help network.

Complete the Family Communications Plan below and on the following pages.

Family Emergency Plan

Emergency Contact Name _____

Phone Number _____

Out-of-Town Contact Name _____

Phone Number _____

Neighborhood Meeting Place _____

Additional Important Phone Numbers & Information

Out-of-Town Contact
Name: _____

Phone
Number: _____

Email: _____

Phone
Number: _____

Neighborhood
Meeting Place: _____

Address: _____

Fill out the following information for each family member and keep it up to date:

Name: _____

SSN: _____

DOB: _____

Important Medical Info:

Name: _____

SSN: _____

DOB: _____

Important Medical Info:

Keep a copy of this plan in your disaster supply kit or another safe place where you can access it in the event of a disaster.

Name: _____ SSN: _____

DOB: _____

Important Medical Info:

Name: _____ SSN: _____

DOB: _____

Important Medical Info:

Where does your family spend the most time? Think about work, school and other places you go frequently. Schools, daycare / senior center, workplaces and apartment buildings should all have site specific emergency plans that you and your family need to know about.

Work
Address: _____
Phone
Number: _____

Evacuation
Location: _____

Other
Address: _____
Phone
Number: _____

Evacuation
Location: _____

School
Address: _____
Phone
Number: _____

Evacuation
Location: _____

Daycare /
Senior Center
Address: _____
Phone
Number: _____

Evacuation
Location: _____

Get A Disaster Supply Kit

You should have enough basic supplies on hand to take care of yourself for at least three days (72 hours) if a disaster happens. Consider how an emergency might affect you. You may not have access to a pharmacy or even a grocery store. Think about what kind of resources you use on a daily basis and what you might do if those resources are not available.


Plan for your basic needs – food, water, clean air and any life-sustaining items you require. Create two disaster supply kits. In one kit, store items you will need to stay where you are. Your other kit should be a smaller one you can take with you easily if you have to evacuate. Use waterproof containers to store your disaster supplies.

Recommended basic disaster supplies include:

- Water, one gallon of water per person per day for at least three days
- Food, at least a three-day supply of non-perishable food
- Prescription medications
- Battery-powered or hand crank radio with extra batteries
- Flashlight with extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air, and plastic sheeting and duct tape to shelter in place
- Moist towelettes and garbage bags for personal sanitation

- Wrench or pliers to turn off utilities
- Can opener if supplies include canned food
- Local maps, pen and notebook
- Important family documents such as copies of insurance policies, identification, bank account records and family communication plan
- Cash and coins
- Extra glasses, hearing aids and other assistive devices when possible
- Sleeping bag or blanket for each person
- Fire extinguisher





If you require any special items due to your physical or medical conditions, remember to include them in your disaster supply kit.

My special needs items include:

Be Informed

You've made an emergency preparedness plan and created a disaster supply kit. How will you know when hazardous conditions threaten your community?

Your county's Emergency Alert and Notification System includes:

Emergency Alert Radios/Weather Alert Radios

Outdoor Warning Sirens

Local Television and Radio Stations

Emergency Alert Radios/Weather Alert Radios

Emergency Alert Radios (EARs) have been distributed to homes, schools, businesses, churches and other locations in your county. EARs are weather radios which receive emergency alerts through the NOAA Weather Radio All Hazards network.

The EAR Distribution Program was funded by the Chemical Stockpile Emergency Preparedness Program (CSEPP). If you did not receive an EAR (weather radio), contact your county EMA; a limited number of radios may be available. A weather radio can be purchased at electronics or department stores.

Whether you have an EAR or weather radio, it should be programmed to receive alerts for your county. If you need help programming your radio, talk to your help network or contact your county EMA. See page 26 for your county EMA's contact information.



Outdoor Warning Sirens

Outdoor Warning Sirens provide alerts to people who are outdoors. If you hear an outdoor warning siren, go indoors and tune to a local EAS radio or television station. **Do not rely on an outdoor warning siren to provide alerts when you are indoors.**

Radio and Television Stations

Your county EMA works closely with local radio and television stations to provide information before, during and after an emergency. You should keep a portable radio with extra batteries on hand so local stations can be monitored for emergency information. Perform a test of these stations now, before a disaster, to determine which stations are received best in your community.



Radio And Television Stations

Clay County EAS

Radio

WCKA AM 810

WFAZ AM 90.9

WLAG AM 96.9

WCKF FM 100.7

Television

WJSU ABC TV 33/40

WBRC Fox TV 6

WVTM NBC TV 13

WBMG TV 42

Cleburne County EAS

Radio

WVOK FM 97.9

WTDR FM 92.7

WJCK FM 88.3

Television

WBRC Fox TV 6

WVTM NBC TV 13

WJSU ABC TV 33/40

WIAT CBS TV 42

Gadsden/Etowah EAS

Radio

WAAX AM 570

WGAD AM 930

WJBY AM 1350

WMGJ AM 1240

WKXX FM 102.9

WSGN FM 91.5

WQSB FM 105.1

WQEN FM 103.7

Television

WTJP Trinity Broadcasting

WNAL-ION TV

WJSU ABC TV 33/40

St. Clair County

Radio

WFHK AM 1430

WURL AM 760

WTDR FM 92.7

WVOK FM 97.9

WJCK FM 88.3

WMJJ FM 96.5

WZZK FM 104.7

Television

WJSU ABC TV 33/40

WBRC Fox TV 6

WVTM NBC TV 13

WIAT CBS TV 42

Local Cable Channels

Talladega County EAS

Radio

WFEB AM 1340

WDNG AM 1450

WANA AM 1490

WTDR FM 92.7

WSSY FM 97.5

WVOK FM 97.9

WJCK FM 88.3

Television

WBRC Fox TV 6

WVTM NBC TV 13

WJSU ABC TV 33/40

WBMG TV 42

WOIL TV 47 (antenna)

Charter Ch 10

For more information about emergency preparedness, contact your county Emergency Management Agency (EMA).

Clay County EMA

www.claycountycommission.org

www.facebook.com/people/Clay-Ema/100000110283437

or search for “Clay EMA” if you’re logged onto Facebook

256.396.5886

Cleburne County EMA

www.cleburnecounty.us

www.facebook.com/cleburne.ema

or search for “Cleburne EMA” if you’re logged onto Facebook

256.463.7130

Gadsden-Etowah County EMA

www.GECEMA.com

www.facebook.com/gecema

or search for “Gadsden/Etowah County Emergency Management Agency” if you’re logged onto Facebook

www.twitter.com/GECEMA

Sign up for free alerts from the Gadsden/Etowah EMA at

www.nixle.com

256.549.4575

St. Clair County EMA

www.stclairco.com

www.facebook.com/stclairema

or search for "St. Clair County EMA" if you're logged onto Facebook

www.twitter.com/stclairema

205.884.6800

Talladega County EMA

www.talladegaema.org

www.facebook.com/readytalladega

or search for "Talladega EMA" if you're logged onto Facebook

www.twitter.com/readytalladega

256.761.2125

Through the Chemical Stockpile Emergency Preparedness Program (CSEPP), local, state and federal agencies created a unique and comprehensive emergency management program to ensure the safety of the public and environment during the destruction of chemical weapons at Anniston Army Depot. In September 2011, the destruction of the chemical weapons stockpile was completed.

While one risk to our area has been eliminated, there are still many hazards to plan for including severe weather and man-made disasters. Disasters can strike with little or no warning and physical, medical and other conditions can create extra challenges. Plan now.

DHS/FEMA provided funding in support of this project. This publication does not necessarily reflect DHS/FEMA views.

Keep this guide in a convenient location where you can find it quickly during a disaster. Give copies of your plan to your help network.

